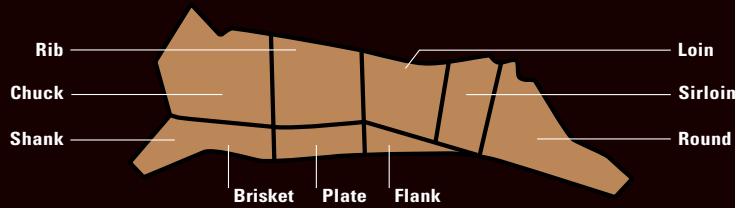




Beef Made Easy[®]

Retail Beef Cuts and Recommended Cooking Methods

**NATURAL
GRASS
FED BEEF**
(509) 848-2598



BEEF

IT'S WHAT'S FOR DINNER.[®]



Chuck



CHUCK 7-BONE POT ROAST
Pot Roast



CHUCK POT ROAST Boneless
Pot Roast



CHUCK STEAK Boneless
Marinate & Grill or Broil



CHUCK EYE STEAK Boneless
Grill or Broil



SHOULDER TOP BLADE STEAK
Grill or Broil



SHOULDER TOP BLADE STEAK Flat Iron
Grill or Broil



SHOULDER POT ROAST * Boneless
Pot Roast



SHOULDER STEAK * Boneless
Marinate & Grill or Broil



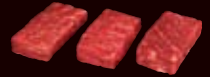
SHOULDER CENTER * Ranch Steak
Grill or Broil



SHOULDER PETITE TENDER *
Grill or Broil



SHOULDER PETITE TENDER MEDALLIONS *
Stir-Fry



BONELESS SHORT RIBS
Pot Roast

Rib



RIB ROAST
Roast



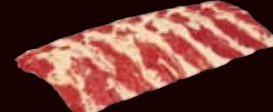
RIB STEAK
Grill or Broil



RIBEYE ROAST Boneless
Roast



RIBEYE STEAK Boneless
Grill or Broil



BACK RIBS
Grill or Broil

Loin



PORTERHOUSE STEAK
Grill or Broil



T-BONE STEAK *
Grill or Broil



TOP LOIN STEAK * Bone-in
Grill or Broil



TOP LOIN STEAK * Boneless
Grill or Broil



TENDERLOIN ROAST *
Roast



TENDERLOIN STEAK *
Grill or Broil

Sirloin



TRI-TIP ROAST *
Roast



TRI-TIP STEAK *
Grill or Broil



TOP SIRLOIN STEAK * Boneless
Grill or Broil

Round



TOP ROUND STEAK *
Marinate & Grill or Broil



BOTTOM ROUND ROAST *
Pot Roast



BOTTOM ROUND STEAK * Western Griller
Marinate & Grill or Broil



EYE ROUND ROAST *
Roast



EYE ROUND STEAK *
Marinate & Grill or Broil



ROUND TIP ROAST *
Roast



ROUND TIP STEAK *
Grill or Broil



SIRLOIN TIP CENTER ROAST *
Roast



SIRLOIN TIP CENTER STEAK *
Grill or Broil



SIRLOIN TIP SIDE STEAK *
Marinate & Grill or Broil

Shank and Brisket



SHANK CROSS CUT *
Stew



BRISKET FLAT CUT *
Pot Roast

Plate and Flank



SKIRT STEAK
Marinate & Grill or Broil



FLANK STEAK *
Marinate & Grill or Broil

Other



GROUND BEEF
Grill or Broil



CUBED STEAK
Grill or Broil



BEEF FOR STEW
Stew



BEEF FOR KABOBS
Grill or Broil



BEEF FOR STIR-FRY OR FAJITAS
Stir-Fry

Key to Recommended Cooking Methods

- Skillet
- Grill or Broil
- Marinate & Grill or Broil
- Stir-Fry
- Roast
- Stew
- Braise
- Pot Roast

* These cuts meet government guidelines for "lean" and are based on cooked servings with visible fat trimmed.

Lean is defined as less than 10 grams of total fat, 4.5 grams of saturated fat, and less than 95 milligrams of cholesterol per serving and per 100 grams (3.5 oz).